



# **ACHIEVE Wellness Community Recognition Program**

## Executive Summary:

ACHIEVE (Action Communities for Health, Innovation, and Environmental Change) was initially sponsored by the United States Centers for Disease Control and Prevention (CDC). Selected national organizations collaborated with CDC to enhance local communities' abilities to help prevent or manage health-risk factors for heart disease, stroke, diabetes, cancer, obesity, and arthritis. Specific activities are directed toward reducing tobacco use and exposure, promoting physical activity and healthy eating, improving access to quality preventive healthcare services, and eliminating health disparities. ACHIEVE Wellness Lake County was created in response to this funding opportunity in 2009 and is one of the 149 innovative ACHIEVE collaborations established across the Nation. The committee that represents ACHIEVE Wellness, known as CHART (Community Health Action Response Team), is composed of local city and county health officials, city and county governments, parks and recreation departments, local YMCAs, local health-related coalitions, and other representatives from the school, business, health, and community sectors to implement improvements.

ACHIEVE Wellness Lake County has become adept at developing innovative, practical, and evidence-based strategies for building partnerships and implementing chronic disease prevention and health promotion policies through their network of affiliates and chapters in local communities. These collaborations and partnerships have integrated public health practice and united local leaders and stakeholders, contributing to the sustainability of healthy communities.

ACHIEVE Wellness Lake County capitalizes on the experience and expertise of national organizations in strengthening community leadership, building capacity, and activating change. It continues to develop partnerships with national organizations to achieve chronic disease prevention and health promotion goals in communities.

ACHIEVE Wellness Lake County has established the **ACHIEVE Wellness Community Recognition** (AWCR) Program in an effort to increase the number of communities partnering with ACHIEVE Wellness Lake County through a structured process of assessment, identification of evidenced based strategies, and supportive implementation.

The application is not associated with a fee, but does require the dedication of staff and resources to support the steps associated with the process. The partnerships established between numerous ACHIEVE members have aligned themselves to help support your community in identifying areas for improvement, selection of effective policies and programs, and utilization of best practices.

How will this help you and your community? In working with our ACHIEVE collaborative, you will be connected with over 30 community partners and the critical infrastructure necessary to align your community to apply for competitive grants, and receive information on current trends and technical assistance. It will also let the residents of your community know that health and wellness is a priority and will develop a community that is attractive to businesses and new residents alike.

# **ACHIEVE Wellness Lake County**

**ACHIEVE Wellness Lake County** is an initiative initially funded by the Centers for Disease Control and Prevention (CDC) and National Association of Chronic Disease Directors (NACDD). The initiative in Lake County began in 2009 and is coordinated by Lake County General Health District along with many partners. Lake County is one of six ACHIEVE Communities in Ohio. ACHIEVE is a CDC Healthy Communities Program made possible with funding provided by the NACDD and the Lake County General Health District.

**ACHIEVE Wellness Lake County** fosters collaborative partnerships between city and county health officials, city and county governments, parks and recreation departments, local YMCAs, local health-related coalitions, and other representatives from the school, business, health, and community sectors to implement improvements. State departments of health and other state-level partners provide additional resources and information to help communities meet their goals.

## **Our Vision**

Lake County residents of all ages will lead healthy lifestyles that include consuming nutritious foods and engaging in higher levels of physical activity.

## **Our Mission**

To become the healthiest County in Ohio by providing education and building an environment that will improve the overall quality of life for Lake County residents.

## **Who We Are**

We are a partnership composed of key leaders and community members who have mobilized to address health concerns in Lake County.

## **ACHIEVE Wellness Community Recognition (AWCR) Program**

The AWCR Program was created to assist in the expansion of evidenced-based initiatives in order to make Lake County the “healthiest” county in Ohio. Communities that are chosen for the AWCR will receive the designation

### **The goals of the AWCR Program are:**

- 1.) To directly impact the improvement in population-based health outcomes.
- 2.) Increase the sustainability of health improvement initiatives available to Lake County residents, businesses, and agencies.
- 3.) Increase the number of evidenced-based programs, policies, and planning processes utilized by communities and stakeholders.
- 4.) Develop a mechanism for community recognition that is scalable, flexible, and “achievable” to all those who wish to participate.
- 5.) Implement a process that is accountable and effective in “raising the bar” in the areas of chronic disease prevention, nutrition, and physical activity.

### **The AWCR Program in return, seeks to assist in meeting the needs of our communities by:**

- 1.) Assisting in the identification, acquisition, and provision of funding to create and implement interventions.
- 2.) Providing expertise, technical assistance, and resources via our collaborative membership.
- 3.) Increasing the partnership between the private and public sector in order to address common health concerns in Lake County.
- 4.) Ensuring sustainability by assisting in the documentation of “return on investment”, measurable goals/outcomes, and associated disease reduction.
- 5.) Increasing awareness of the constraints facing our communities and offering realistic solutions.

# Application Process

The requirements for being considered an ACHIEVE Healthy Community can be grouped into three broad areas:

1. Participation in ACHIEVE's Community Health Action Response Team (CHART).
2. Conducting a community health needs assessment utilizing new and pre-existing data.
3. Developing and implementing a community health improvement plan based on the results of the assessment.

Highlights of each of these three areas are summarized below.

## Requirements:

### Section 1 – *Participation in CHART*

A representative from the community must actively attend and participate in CHART meetings which take place quarterly at the Lake County General Health District office or unless otherwise noted.

### Section 2 – *Conducting a Supplemental Community Health Needs Assessment Utilizing New and Pre-Existing Data*

- Conduct a supplemental community health needs assessment at least every three years.
- The assessment must include input from persons who represent the broad interests of the community, including those with special knowledge or expertise in public health.
- The report must be made widely available to the public and shared with CHART.

### Section 3 – *Implementation of a Community Health Improvement Plan (CHIP)*

- The community must create and adopt an implementation strategy to meet the community health needs identified through the assessment in the form of a CHIP.
- Strategies must be sustainable, evidence-based when possible, and seek to impact large populations within the community/jurisdiction.

## Resources Available to Assist in the Assessment and Planning

- Health Needs Assessment Planning Committee consisting of members of ACHIEVE Wellness.
- The use of a professional facilitator to guide Community Planning Groups.
- Access and analysis of the 2011 Lake County Community Health Assessment and the 2013 Lake Health Community Health Needs Assessment.
- Access and analysis of State and National Health Data and related reports.

- Assistance in identifying and applying for implementation grants.

The Community Health Improvement Plan must be developed using “evidence-based” or “promising” or “best practice” strategies.

For interested communities, please complete the Application found on ACHIEVE Wellness’ [website](#) under “Local Wellness Announcements”.